

# Running Intramurals

## Spring 06 Calender (Tuesdays)

Date	Location/Time	Distance	Notes
7-Mar-06	Skeel Ave. Area A 1130 am	2.0 Mile	Meet in the Golf Course parking lot.
14-Mar-06	Afit Track Area B 1130 am	2.28 Miles	Meet at the Start Line of the Afit Track
21-Mar-06	Base Lodging Area A 1130 am	5K	Meet in front of Bldg 825
28-Mar-06	WFFC Area B 1130 am	5K	Meet at the front entrance of Wright Field Fitness Center
4-Apr-06	Skeel Ave. Area A 1130 am	10K	Meet in the middle of the Golf Course parking lot.
11-Apr-06	AFIT track Area B	4.56 Mile	2 X 14 March Meet at the Start Line of the Afit Track
18-Apr-06	WFFC Area B 1130 am	5K	Same as 28 March
25-Apr-06	Base Lodging Area A 1130 am	5K	Meet in front of Bldg. 825 Same as 21 March
2-May-06	WFFC Area B 1130 am	10 K	2 X Marathon 5K course
9-May-06	Skeel Ave. Area A 1130 am	15K	Meet at the Tennis Club parking lot.

# Wright Patterson AFB

## Intramural Running

### By Laws

1. Races will be on Tuesdays at 11:30.
2. Teams will score points based upon both total participation and their top seven finishers using the following handicap:
  - All Females over age 60 will have their finish place divided by 4
  - All males age 60 and up and all females age 40-59 will have finish place divided by 3
  - All males 40-59 and all females age 18-39 will have their finish place divided by 2
  - All males under 40 will use their original finish place**It will be possible for more than one person to have the same place. Provided only if it is due to a person with handicap (i.e. male age 60 places 30<sup>th</sup>, female age 24 places 20<sup>th</sup>, male age 25 places 10<sup>th</sup>, all will receive 10 points. All fractions will be rounded off to nearest whole place.**
3. Your points will be your finishing place ( i.e. 4<sup>th</sup> place = 4 points)
4. One point will be subtracted from each teams score for every participant who competes; the team with the lowest score wins (unlimited amount of participation)!
5. Team Standings:
  - a. The first place team for each race will receive 20 team points towards the season championship
  - b. The 2<sup>nd</sup> place team will receive 19 team points, 3<sup>rd</sup> place 18, and so on
  - c. The team with the most points at the end of the season wins!
6. Your team will be your squadron/organization. Only Military, DoD civilians, and DoD Contractors are allowed to participate.
7. No one will be allowed to sign up after 1130. Anyone signing up after 1130 will not be counted toward participation or standing points.
8. Each squadron coach will have sign ups for their squadron. You will sign in with your coach.
9. Each person crossing the finish line will receive a stick with your place number on it. The runner will give the stick to their coach to record placement. **If placement is not recorded, your squadron will not receive points for placement or participation.**
10. Coaches will be responsible for collecting their team's stick and recording all pertinent information. Coaches will return all information and sticks upon completion of the run.
11. Runs will range from 1.5 mile – Services Half Marathon run at various locations established at the coaches meeting.
12. Each season will be 12 weeks long.